



SOUL'S ALL DAY BREAKFAST AND BRUNCH

SOULS'S BIG BRUNCH / FULL ENGLISH (Artisanal, Healthy)

Two St Ewe golden free-range eggs (fried in turmeric olive oil or poached egg), air-fried smoky streaky bacon 90% Cumberland sausages, roasted tomatoes, oregano-garlic caramelised mushrooms, 2 hash browns, Home backed beans baked beans, roasted spinach and toasted artisan sourdough. /1,100–1,200 kcal *£14.95*

Avocado Egg Florentine (V) & Side salad

Two Two St Ewe golden free-range poached eggs served over smashed avocado and fresh spinach on toasted rye sourdough on avocado oil. Finished with our signature hollandaise sauce, roasted almond flakes, dill and a hint of lemon zest and saffron. /700Kcl *£10.99*

Avocado Egg Benedict & Side Salad

Two Two St Ewe golden free-range poached eggs served over matured pruchito on Avocado oil toasted rye sourdough. Finished with our signature hollandaise sauce, roasted almond flakes, and a hint of of saffron and lemon zest. /700Kcl *£11.99*

Wagyu Beef avocado Benedict

Tender wagyu-style beef layered with creamy avocado, two perfectly poached St Ewe golden free-range eggs on toasted brioche, finished with rich hollandaise sauce, roasted almond flakes, dill, a hint of lemon zest and saffron. *£23.95*

SOUL VEG PLATE (VG)

Two St Ewe golden free-range eggs (fried in turmeric olive oil or poached egg), Mached avocado, Humus Dip, Slow-roasted tomatoes, oregano-garlic caramelised mushrooms, Grilled Halloumi, hash browns, reduced-sugar home baked beans. Finished with roasted spinach and toasted artisan sourdough. *£15.95*

SOUL'S BUTTERMILK PANCAKES

Buttermilk Pancake (VG)

Fluffy buttermilk pancakes drizzled with your choice of golden syrup, rich coconut treacle, or wild neem honey. Topped with vibrant tropical fruits. /850Kcl *£11.95*
With smoked streaky bacon, chilli flakes and cheese *£12.95*
Pistachio or biscoff coated *£12.98*

SOUL'S BRIOCHE FRENCH TOAST

Thick-cut brioche loaf, soaked in a rich three-egg custard and lightly toasted. Served with creamy coconut yoghurt, drizzled with golden syrup, and topped with a medley of vanilla-infused tropical fruits. / 1,150 kcal *£11.95*

Croissant Pistachio French Toast

A buttery Large pistachio or biscoff croissant, twice-baked and soaked in a rich three-egg custard, served with creamy coconut yogurt, drizzled with golden syrup, and topped with vanilla-infused tropical fruits. /850Kcl *£10.95*

SOUL - Health food cafe restaurant

ADD SWEET POTATO CHIPS *£3.00*
ADD POTATO CHIPS *£2.50*
ADD EXTRA TOAST *£1.50*
BACON / SAUSAGE *£2.00*
ADD EXTRA SIDE SALAD *£2.50*

The Royal Açai Bowl

crafted with a smooth, velvety açai base and adorned with golden-dusted strawberries, fresh berries, Blueberries. Finished with coconut flakes, chia seeds, a drizzle of coconut treacle, peanut butter, it is crowned with mint and roasted almond flakes *£10.99*

Green Kids meal

Smoky vegan avocado dip, Rainbow vegs, pulled jackfruit, plant-based sausages, simmered, Accompanied by slow-roasted tomatoes, crispy hash browns, reduced-sugar baked beans, roasted spinach and toasted artisan sourdough *£8.99*

NIBBLES

Roasted flat bread - *£3.00*
Hummus with veggie sticks *£4.00*
seeded fitness slices bread with cheese and ham *£4.00*
keralan layered flat bread with green chilli tomato sambol *£6.00*

BRUNCH COCKTAILS

PASSIONFRUIT & ROSE
BUCKS FIZZ
PROSECCO, PASSIONFRUIT & ROSE PETAL SYRUP *£8.95*

SOUL's Bloody Mary
VODKA, CHILLI PEPPER LIQUEUR, TOMATO JUICE, TAMARIND JUICE

SOUP OF THE DAY WITH SOURDOUGH TOAST
£8.50

Mexican Open Toast (VG) & Side salad

Two poached free-range eggs, smashed avocado, fresh pico de gallo, zesty salsa. Finished with our signature hollandaise sauce, roasted almond flakes, and a touch of lemon zest and saffron Served on your choice of toasted rye sourdough or English muffin. /685kcal *£13.95*

Avocado Egg Royale(V) & Side salad

Two poached free-range eggs atop creamy smashed avocado and delicate smoked salmon, draped in our signature hollandaise sauce. Served on toasted fine rye bread and finished with roasted almond flakes for a delightful crunch. /700Kcl *£14.95*

Spiced Bacon Benedict & Side salad

Two poached free-range eggs atop creamy smashed avocado and vibrant Mexican salsa with green chilli. Paired with crispy smoked bacon and finished with our signature hollandaise sauce, roasted almond flakes, and a hint of lemon zest. Served on your choice of toasted fine rye bread or English muffin. /900Kcl *£16.90*

VEGAN BREAKFAST/BRUNCH (VE) & SIDE SALAD

pulled jackfruit, simmered Red pepper humus, rainbow vegetables with vegan mayo, Vegan sausage roasted tomato, smashed avocado, Oregano garlic mushrooms, 2 hash browns, House baked beans, roasted spinach, toasted artisan sourdough, Served with vegan superfood side salad *£14.95*

KIDS MEGA BRUNCH

A hearty plate featuring one St Ewe golden free-range eggs, crispy streaky bacon, a juicy Cumberland sausage, roasted tomatoes, golden hash browns, baked beans, and a slice of toast – meal for little appetites! *£8.99*

TOASTS WITH SALAD

AVOCADO ON SOURDOUGH TOAST (VE)

avocado spread on toasted sourdough, topped with black sesame seeds, a zest of lemon, and a sprinkle of chilli flakes. Served with a refreshing side salad. *£8.90*

CAKLEBEAN FARM EGGS ON SOURDOUGH TOAST (VG)

2 Poached, fried or folded & Salad *£7.99*

AZTEC SUNRISE GUACAMOLE TOAST (VE)

Spiced guacamole, crafted with ripe avocado, zesty lime, and a smoky, fiery blend of cumin, fresh coriander, chilli flakes topped on slice of toasted sourdough. Served with a refreshing side salad. *£10.99*



GF and Vegan options available for all

BREAKFAST. LUNCH AND DINNER

EARTH BOWLS / SALADS

Superfood Salad (VE)

A mix of fresh organic salad greens, cherry tomatoes, creamy avocado, and cucumber, topped with roasted almond flakes, pomegranate, chia seeds, sesame seeds, pine nuts, and chickpeas. Finished with shredded carrot and drizzled with SOUL's signature vegan dressing. /750Kcl £9.50

Mexican-inspired Spiced Salad (VE)

A refreshing mix of fresh organic green salad, chilli, chopped tomato, and tangy salsa sauce, paired with red kidney beans, onion, and tomatoes. Topped with fresh lime, coriander, and a light olive oil dressing, all served on a bed of mixed greens. /600KCL £12.50

Chicken Breast Protein Salad

A mix of fresh organic greens topped with tender chicken breast, avocado, and chickpeas. Enhanced with roasted almonds, chia & sesame seeds, pine nuts, dried cranberries & papaya, pomegranate, and cherry tomatoes. Finished with a drizzle of SOUL's signature vegan dressing. /750Kcl £14.50

Vegan Chicken Salad Option £15.50

Salmon Salad

Mixed greens, spinach, and avocado, topped with smoked salmon, olives, pineapple, red pepper, and toasted almond flakes. Finished with pomegranate, cranberries, and a drizzle of SOUL's signature vegan dressing. £15.85

Beans on Toast

Home-cooked beans served on warm, crispy sourdough toast with jam and butter. £7.99

Organic Porridge

Organic oat porridge topped with a vibrant mix of tropical fruits and a drizzle of neem tree honey £6.99

Tropical Yoghurt Bowl (VE)

Plant-based yoghurt topped with a vibrant mix of tropical fruits, finished with a drizzle of vegan honey for a refreshing, light, and satisfying bowl. £10.99

Mexican Guac-Salsa Wrap (VE)

Guacamole paired with fresh salsa, coriander leaves, red onion, and a touch of green chili, all wrapped in a warm, toasted tortilla. Served with a side of crisp salad. £7.99

Chicken Breast, Salad Wrap

Crispy brioche-crumbed chicken breast topped with a fried egg, roasted garlic, and caramelised onions, served with a fresh salad. All drizzled in SOUL's rich truffle cream sauce. £7.99

Greek Halloumi vegan Chicken Wrap - VE-

golden halloumi fries, Gyro Vegan Chicken crisp lettuce, juicy tomato, red onion, your favorite sauce, and a handful of fries — all wrapped in soft, warm pita. Salty, melty, crunchy, messy £10.95

OMELETTES

Golden Omelette

A fluffy omelette made with two St Ewe golden free-range eggs, delicately spiced with turmeric, red onion, and a hint of green chilli, served on toasted sourdough. /390Kcl £9.99

Rainbow Omelette (VG)

A three St Ewe golden free-range eggs omelette infused with turmeric, red onion, spinach, bell pepper, and topped with avocado, shredded purple cabbage and carrot. Served with toasted sourdough. /650Kcl £10.99

Omelette Breakfast

A four-St Ewe golden free-range eggs omelette packed with melted Gruyère cheese, ham, and a medley of mixed vegetables, topped with roasted almond flakes. Served with toasted sourdough. /850Kcl £12.99

Mexican-inspired Chicken Breast Omelette

Mixed greens, spinach, and avocado, topped with smoked salmon, olives, pineapple, red pepper, and toasted almond flakes. Finished with pomegranate, cranberries, and a drizzle of SOUL's signature vegan dressing. £14.90

Greek chicken omelette

Three St Ewe golden free-range eggs, juicy chicken gyro, Feta cheese, Cheese. Tomatoes, Kalamata olives, fresh tomato, lettuce, red onions, warm pita, and your sauce of choice served with Chips £19.20

HOT PANINI SANDWICHES - BREAKFAST & LUNCH

Sourdough Rainbow Sandwich (VE) & Side Salad

A vibrant medley of fresh spinach, bell peppers, avocado, purple cabbage, and shredded carrot, layered with hummus and vegan mayonnaise. /600Kcl £9.99

Sourdough Chicken Caesar Bacon Sandwich & Side Salad

Tender chicken breast coated in SOUL's signature Caesar mayo, paired with smoky bacon and shavings of Italian mustard cheese. Finished with a creamy yoghurt mayo. /650Kcl £8.99

Sourdough Tuna (Yellowfin) Sandwich Melt & Side Salad

Yellowfin Tuna mixed with creamy mayonnaise, paired with fresh red onion and juicy tomato, all topped with melted cheese. /700Kcl £8.99

Sourdough Avocado Egg Turmeric Sandwich & Side Salad

Creamy mashed avocado with coconut mayo, paired with two free-range fried eggs and a touch of turmeric. /680Kcl £9.99

TAKEAWAY SANDWICHES

Aged Ham & cheese fitness sourdough Baguette £5.99

Aged ham, Aged Cheddar cheese, Green pesto, Salad, Tomato and pickle

Rainbow sandwich fitness sourdough Baguette - VE- £6.99

Fresh spinach, bell peppers, avocado, purple cabbage, and shredded carrot, layered with hummus and vegan mayonnaise. /600Kcl

Tuna (Yellowfin) Sandwich Melt fitness Baguette £7.99

Yellowfin Tuna mixed with creamy mayonnaise, paired with fresh red onion and juicy tomato, all topped with melted cheese. /700Kcl

Sourdough Pulled Jackfruit Sandwich (VE) & Side Salad

Pulled jackfruit simmered in rich tomato sauce, paired with creamy hummus, vegan pesto, and grilled aubergine and courgettes. /600Kcl £11.99

Sourdough Croque Monsieur & Side Salad

A luxurious take on the classic French toastie, featuring aged ham, melted gruyere cheese, and a dash of black pepper, velvety béchamel sauce. Served golden toasted to perfection.

830Kcl £11.99

Croque Madam with 2 Fried egg £12.99

Sourdough Mozzarella & Prosciutto Panini & Side Salad

Melted mozzarella and prosciutto, drizzled with green pesto and sweet chili pesto, complemented by garlic, and tomato. All pressed into olive oil-toasted sourdough bread. /890Kcl £9.99

BLT/BLAT on sourdough & side salad

Nutmeg and honey-roasted bacon, crispy, paired with fresh tomato and lettuce.

Add avocado for an extra touch of indulgence. £9.99



LUNCH AND DINNER

SOUL - Health food cafe restaurant

ENTRÉES

Avocado Tartare (VE) £8.50
Avocado finely diced and layered with heirloom tomatoes and cucumber pearls, delicately dressed in citrus vinaigrette and infused with a hint of smoked chili. Crowned with micro herbs and edible flowers. Served with red rice hopper

Mango Pineapple Spiced buffalo Chicken Wings (SM/LG) £9.90 / £11.90

Crispy fried chicken, coated in a rich agave and Cholula glaze. Drizzled with a zesty hot sauce and served alongside a coriander and lime aioli.

TABLE SHARERS

Rainbow Hummus Platter £9.50
Fresh spinach, bell peppers, avocado, purple cabbage, and shredded carrot. Served with hummus and vegan mayonnaise for a deliciously wholesome share

LARGE PLATES

Seared Sea Bass with Kale Pesto £18.50
A premium sea bass, seared to golden perfection, resting on a bed of kale pesto, toasted pine nuts and aged Parmesan. Served with served warm pita and a touch of lemon oil for a refined finish.

Brioche Gourmet Wagyu Beef Burger £15.50
A juicy aged wagyu beef burger topped with melted cheese, baby gem lettuce, gherkins, oregano roasted red onion, and avocado, all drizzled with our special burger sauce. Served on a soft brioche bun and tomatoes.

Buttermilk Chicken Burger £15.50
Crispy buttermilk fried chicken, topped with melted cheese, baby gem lettuce, gherkins, roasted red onions, avocado, and oregano-roasted tomatoes. Drizzled with our special burger sauce and served on a soft brioche bun.

Chicken Milanese £17.50
A timeless classic elevated — free-range chicken breast, coated in a golden, herb-infused brioche crumb, then pan-fried to a crisp perfection. Served with St Ewe Golden egg, a zesty rocket and heirloom tomato salad, finished with shaved Parmesan and a drizzle of lemon-infused olive oil. Vegan chicken Milanese - £18.50

Add Sweet Potato Chips for £3.00

Add Potato Chips for £2.50

Add side salad for £2.50

Add halloumi for £2.50

Double chicken gyro for £3.50

Kids' Crispy Chicken Nuggets £8.50

Tender pieces of chicken breast coated in a light golden crumb and cooked until perfectly crispy. Served with skin-on fries and your choice of ketchup or mayo

TAP BEERS

MORETTI 4% ABV - 1 PINT
£6.50

BRIXTON RELIANCE PALE ALE
4.2% ABV - 1 PINT
£7.00

Kids' Omega-3 Fish Fingers £8.99

fish fingers made from flaky white fish, naturally rich in Omega-3. Lightly coated and cooked until perfectly crisp, served with CHIPS and baked beans.

COCKTAILS, WINE, BEER

SOUL'S MARGARITA £12.50

Patrón Tequila, fresh lime, orange liqueur, mango, cranberry, and a kiss of rose.

Zesty, bold, and uniquely SOUL.

COCONUT BREEZE (THAI INSPIRED) £12.50

White rum, Malibu, coconut cream, lime, pineapple and a hint of sugar.

Tropical, smooth, and refreshingly different.

VELVET ESPRESSO MARTINI
£10.50

Vodka, Kahlúa, freshly brewed espresso and simple syrup.

Smooth, rich, and just the kick you need - crowned with a trio of coffee beans for the perfect finish.

GOLDEN SPRITZ £8.50

Aperol, premium prosecco, soda, slice of orange.

Sunset in a glass.

TWIST & TONIC £8

Premium Gin, tonic, fresh citrus & a SOULful twist.

Classic refreshment, redefined.

A gin & tonic made for golden hour.

LA PAUSA ORGANIC FAIRTRADE MALBEC
£6.50/125ML -- £29 /BOTTLE

ORGANIC VINUVA PG DEL VEN 10% 75X12 (WHITE)
- £5.50/125ML -- £27 /BOTTLE

ORGANIC CHATEAU DE BERNE INSPIRATION CÔTES DE PROVENCE (ROSE)
- £8.00/125ML -- £30 /BOTTLE

ORGANIC PROSECCO SUPERIORE NV EIO VALDOBBIADENE BRUT BIO
- £6.50/125ML -- £30 /BOTTLE

Crispy Arancini (VE)

Golden, crispy arancini made with a rich mix of onions, Parmesan cheese, lemon, unsalted butter, olive oil, and saffron-infused risotto rice. Served with a fresh rocket salad and tangy tomato sauce (3 arancini per serving)

Coconut and Lentil SOUP £8.50

Set of delicate roulade of Oven-roasted veg and potato wrapped in vegan brioche bread crumb roll, served on a bed of roasted tomato and spinach and finished with a white truffle emulsion.

Toasted Cheese Ham osurdough Soldiers £8.50

A luxurious take on the classic French toastie, featuring ham, rich melted cheese, and a dash of black pepper, all smothered in a velvety béchamel sauce. Served golden and toasted to perfection as table share.

Supergrain Risotto (Vegan, GF) £16.50

This creamy risotto is crafted from a nourishing blend of quinoa, amaranth, red rice, slowly simmered in a vegetable, mushroom broth infused with white truffle oil. Finished with roasted vegetables, fresh herbs, and a hint of citrus zest

Jackfruit Burger (VE) £16.50

Tender baby jackfruit burger, topped with vegan cheese, baby gem lettuce, gherkins, Oregano roasted red onions with oregano, avocado, All drizzled with our special burger sauce. Served on a soft brioche bun

Halloumi Mushroom Burger (V) £15.95

Sautéed garlic and oregano caramelised mushrooms paired with golden halloumi, baby gem lettuce, cheese, gherkins, roasted red onions, avocado, and oregano-roasted tomatoes. All drizzled with our special burger sauce and served on a soft brioche bun.

Herb-Crusted Cauliflower Steak (VE,GF) £17.50

A refined plant-based centerpiece—thick-cut cauliflower steak, oven-roasted and encrusted with a blend of fresh herbs, toasted seeds, and gluten-free breadcrumbs. Served atop a silky parsnip purée with a drizzle of lemon-thyme oil and garnished with microgreens.

Bangkok Meets Delhi - Curry Experience £20.50

Fragrant coconut red Thai vegetable curry with fresh basil and lime, paired with our slow-sGolden, crispy fish fingers made from flaky white fish, naturally rich in Omega-3. Lightly coated and cooked until perfectly crisp, served with skin-on fries

Athenian Power Gyro Bowl (Halal) £16.50

Stacks on stacks of juicy halal-marinated chicken gyro extra meat for maximum protein, served with fresh tomato, crisp lettuce and red onion, warm pita, and your choice of base: brown rice, steamed vegetables or crispy fries. Finished with your choice of sauce.

DESSERTS

Rich, Creamy Avocado based Chocolate Mousse Pudding

£8.99

Silky ripe avocados are whipped to perfection with premium dark cocoa, organic palm syrup, and a touch of Madagascar vanilla.

Coconut Chia Parfait

£8.99

Layered with mango gelée, coconut yogurt, and crunchy buckwheat granola.

Purple Sweet Potato Pudding

A silky purple sweet potato pudding with natural sweetness smooth, velvety texture. Served warm and finished with coconut cream

Crème Brûlée tatre à la Rose

£7.99

A timeless classic reimagined with a delicate floral twist. This luxurious dessert is a celebration of romance, refinement, and sensory indulgence. Served with fresh berries Rose petal gamish

Sticky Caramel Pudding

£8.00

A warm, indulgent sponge pudding drenched in rich buttery caramel sauce, soft, served warm with a scoop of vanilla ice cream or silky custard.

SMOOTHIES

Fitness Protein Shake

£6.99

Protein powder, Banana, Avocado, Date, Kale, Apple, Courgette
Superfood Sachet: Chicory Root, Pumpkin Seed, Flax Seed, Baobab

Blue Cleanse

£6.99

Mixed berry, blue spirulina, coconut water, banana

Avocado-Coconut Cloud - Immunity

£7.99

Avocado, coconut, coconut treacle, blue spirulina, chia seeds

Yellow Glow

£5.99

Mango, pineapple, banana, passionfruit

Brain Boost

£6.99

Pineapple, Cherry, Strawberry, Dates, Pomegranate, Avocado Superfood: Maca, Pumpkin Seed, 7 Mushroom Blend, Ginseng

Green Detox

£5.99

Kale, spinach, cucumber, kiwi, ginger, coconut water, banana

Matcha Boost

£6.99

Matcha, matcha ice cream, pineapple, kale, lime, avocado, ginger, moringa

Superfood Energy

£6.99

Pineapple, Mango, Banana, Passionfruit, Papaya, Ginger, Goji Berry Superfood: Flax Seed, Baobab, Pumpkin Seed, Sunflower Seed

Collagen Protein Glow Elixir

£10.99

collagen bovine peptides, Coconut water + almond milk blend, Organic vanilla protein powder (plant-based), Moringa powder, Açai purée, blue spirulina, topped with sweet jackfruit, blue berry, roasted almond flake

JUICES

Passionfruit Pineapple

£6.99

Body cooler

Spinach Apple Pineapple

£5.50

Power your SOUL

Carrot, Lime, Ginger, Green Apple

£4.99

Veggie boost

Mango, Carrot, Lime, Ginger

£5.50

Energiser

Orange & Mint / Orange Juice

£4.99

Kickstarter

Ripe Jackfruit, Mango, coconut

£5.50

Natural collagen

SHAKES

Chocolate Shake

£4.99

Pineapple Passionfruit

£5.99

Avocado Coconut based Icecream Shake (VE) £6.99

Strawberry / Raspberry / Blueberry

£5.99

Pistachio / Almond / Biscoff

£5.99

ARTISANAL SPECIALITY COFFEE - ORGANIC

Espresso	£3.20	Pistachio Cream Latte	£5.99
Americano	£3.45	<small>Pistachio cream, espresso</small>	
Cappuccino	£3.95	Turmeric Latte	£4.99
Latte	£3.85	<small>Turmeric, Cinnamon, Cardamom, white pepper</small>	
Flat White	£3.70	Indonesian Avocado Coffee	£6.99
Hot chocolate	£4.20	<small>1 avocado, espresso, coconut treacle, Madagascar vanilla</small>	
<small>A rich and indulgent French, Monbana hot chocolate delivers a luxuriously smooth and velvety texture with a beautifully balanced Godiva</small>		Collagen Rose Latte	£7.99
Super Dark Hot chocolate	£4.99	<small>Combining a ceremonial-grade Rose petal, with a premium, tasteless scoop of Bovine Collagen Peptides</small>	
<small>Crafted with the finest Van Houten cocoa.</small>		Ube Latte	£5.99
Macchiato	£3.25	A smooth and creamy latte made with vibrant purple ube, gently sweetened and blended with steamed milk. Naturally nutty, lightly vanilla-like and beautifully aromatic.	
Musroom latte	£6.99	<small>Lion's Mane coffee blend</small>	
Premium Chai Latte	£4.30	Blueberry White Chocolate Latte	£5.99
Matcha	£4.99	Subtle berry sweetness balanced with creamy white chocolate	
Ginger/Blueberry/Pistachio Latte			
Biscoff Latte	£5.99		

ARTISANAL SPECIALITY TEA

Organic Tender Leaf English Breakfast (OP)	£3.99
Earl Grey leaf tea	£3.99
Blue Pea Flower Lime tea - Sleep easy te	£4.90
Hibiscus - Blood support	£4.30
Turmeric Mint Tea - Anti-inflammatory	£4.50
Green leaf tea	£3.30
Pure Ginger Lemon Honey - Immune boost tea	£3.20
Mint/Peppermint or Chamomile	
Stress Relieve tea	£4.00
Green Orange Peel, centella & Lemon	
Collagen tea	£6.00
Jasmin green tea	£4.00